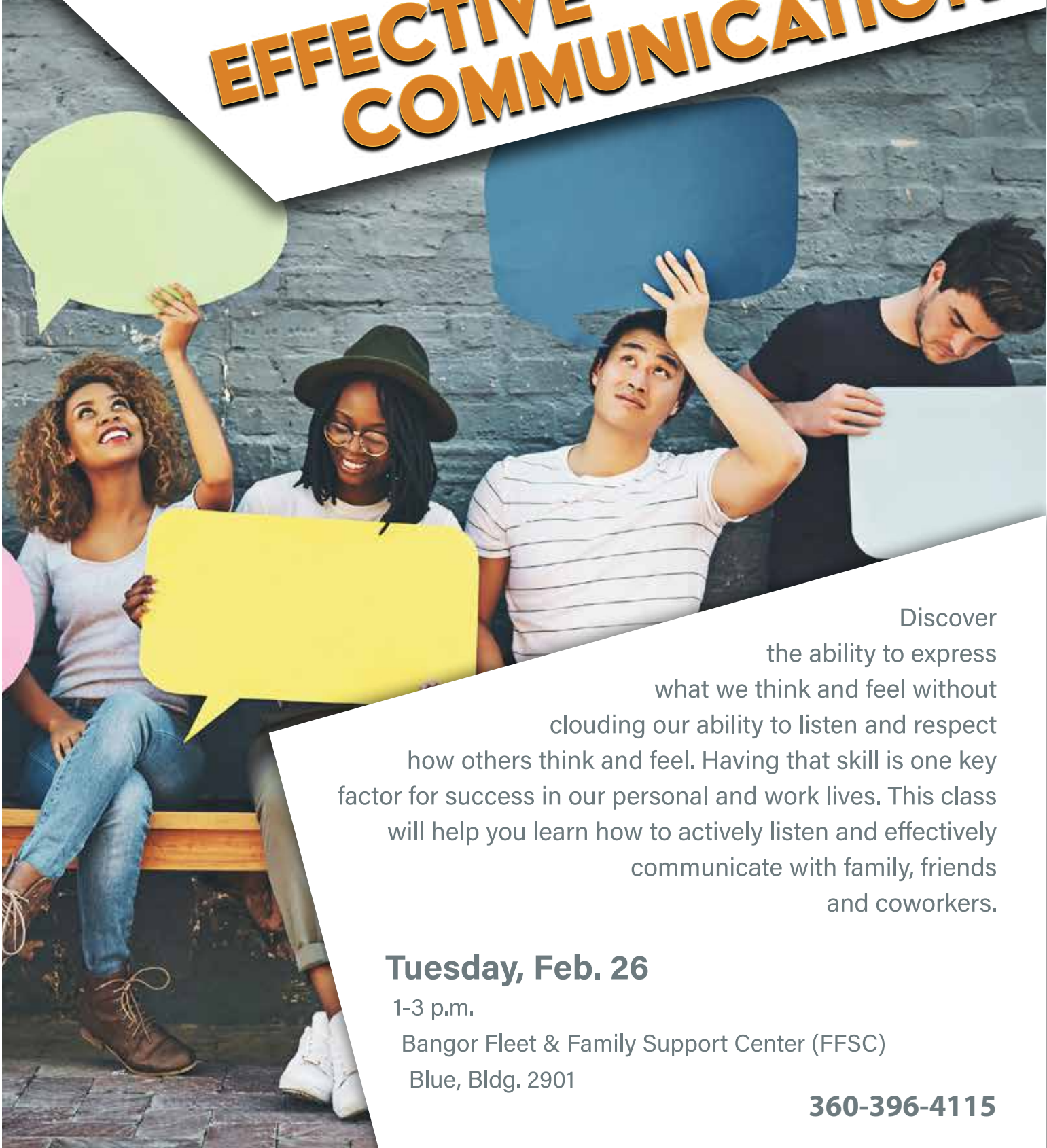


# EFFECTIVE COMMUNICATION



Discover the ability to express what we think and feel without clouding our ability to listen and respect how others think and feel. Having that skill is one key factor for success in our personal and work lives. This class will help you learn how to actively listen and effectively communicate with family, friends and coworkers.

**Tuesday, Feb. 26**

1-3 p.m.

Bangor Fleet & Family Support Center (FFSC)

Blue, Bldg. 2901

**360-396-4115**

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